

STAY FIT!

FEBRUARY 2014

Exercise and Back Pain Back exercises are necessary to rehabilitate the spine and help alleviate back pain. Back exercises are to be done in a controlled, gradual, and progressive manner. By incorporating back exercises in your workouts it will keep the spinal disk, muscles, ligaments, and joints healthy. Back exercises will also help to avoid stiffness and weakness, minimize recurrences of lower back pain, and reduce the severity and duration of possible future episodes of low back pain.

BUILDING A CULTURE OF FITNESS



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Sailor performs leg presses as part of his weekly fitness routine. He is often seen in the fitness center working hard and motivating other Sailors to maintain a fitness regimen.

WORKOUT OF THE MONTH: “Connie”

Warm-up 5-10min on your choice of cardio equipment

Cardio

Elliptical Machine - 45 minutes set at desired intensity level

Leg workout

Seated leg extensions, seated hamstring curls, walking lunges with dumbbells, and sumo squat with dumbbell

Goal: 4 sets for 12 reps

Back workout

Seated low cable row, pull ups, dumbbell row (single arm), and dumbbell curls:

Goal: 4 sets for 12 reps

About the Workout: “Connie” was the nickname given by the crew of America’s Flagship, USS Constellation (CVN-64). She was built in the New York Naval Shipyard, Brooklyn, N.Y. on July 1, 1956 and commissioned Oct. 27, 1961. She served 41 years of commissioned service and was decommissioned at Naval Air Station North Island in San Diego on Aug. 7, 2003.